



City of Newton, MA

INVEST IN YOURSELF

August 2012 Health and wellness newsletter for employees

ADULTS: BE WISE AND IMMUNIZE!

BLOOD PRESSURE & HEALTH MAINTENANCE CLINIC

**CITY HALL
ROOM 10A,
10AM TO 11 AM
TUES., AUG. 14
DROP IN**



INTERESTED IN SUMMER ZUMBA?

(617) 796-1427
OR
WELLNESS@
NEWTONMA.GOV



Newton Farmer's Markets

Tuesdays 1:30-6:00

Cold Spring Park
1200 Beacon Street

Fridays 12:00-5:00

American Legion
Post 440
295 California St.,
Parking Lot

**West Nile
Virus is
here! Wear**
mosquito repellent and
protect yourself from bites.



Your need for immunizations does not end after childhood.

Depending on your lifestyle and medical history, you may require more or less, so speak with your primary care physician to find out what is right for you.

It's particularly important to consult with a health care provider before traveling internationally. But even if you're staying stateside, there are recommended shots for adults.

Here are a few to talk with your health care provider about.

Td (tetanus and diphtheria) **or Tdap** (tetanus, diphtheria and pertussis)

These three serious illnesses are caused by a bacteria. Two combination vaccines are available: Td and Tdap.

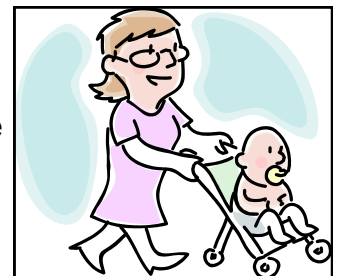
All adults should get a booster dose of Td every 10 years. Adults under 65 who have never gotten Tdap should get a dose of Tdap as their next booster dose.

Adults 65 and older may get one booster

dose of Tdap.

Additionally, Tdap is recommended for adults (including women who may become pregnant and those older than 65) who expect to have close contact with a baby younger than 12 months of age to help protect the baby from pertussis.

Tdap is given only once.



Shingles:

Shingles is a painful skin rash caused by the varicella zoster virus (the same virus that causes chicken pox) usually on one side of the face or body. Anyone who has had chicken pox can have shingles because the virus stays in nerve cells in the body. Shingles is generally seen in adults 50 years and older. It is also common in people who are immuno-compromised or take immuno-suppressive drugs.

Zostavax is the name of the vaccine recommended for adults 60 years and older. Insurance coverage for the vaccine varies by insurance plans, but more companies are providing coverage

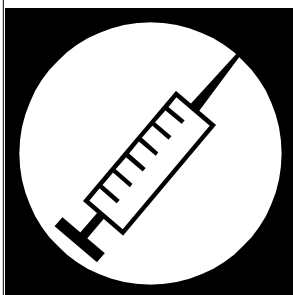
It is important to keep up with your immunizations. Questions regarding your immunizations should be directed toward your primary care physician.

Influenza

Flu vaccine is recommended for all people age 6 months and up each year. The City of Newton is once again providing flu vaccine to all employees. Specific clinic dates will be announced next month.

Questions?

Call the Health Department, or visit the public health nurse during the monthly clinic! Next one is Aug. 14 from 10 to 11 a.m. in Room 10A.





City of Newton, MA

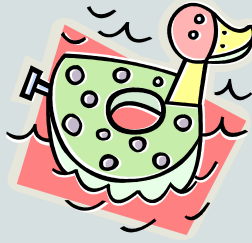
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SUN FACTS: TIPS TO STAY COOL THIS SUMMER

When the weather gets hot, everyone should take precautions to stay healthy, especially seniors and children.

- Drink plenty of non-alcoholic fluids even when you are not thirsty
- Wear lightweight, light colored, loose fitting clothing
- Limit outdoor activity to morning and evening hours
- Take a cool shower or bath
- Never leave people/pets in a closed vehicle as temperatures can rise quickly
- Stay in air conditioned spaces
- Check on neighbors who may need additional help



Things to Consider:

- Eyes absorb UV radiation like skin, so grab a pair of sunglasses while outdoors!
- Look for these ingredients in sunscreen to protect from the most harmful form of UV radiation, UVA: mexoryl, parsol 1789, titanium dioxide, zinc oxide, or avobenzone. A good sunscreen will cover the UVA-UVB spectrum.

Prevention is key — Drink plenty of water and find a place to cool off.

RECIPE: CONFETTI ORZO SALAD

This salad taken from Chopchop magazine is a perfect, light summertime side. Eat at a BBQ, or pack for a picnic, this salad is delicious and healthy anywhere! Orzo can be found in the pasta section at the grocery store.



Ingredients:

- 3 cups cooked orzo, cooled
- 1/4 cup lightly toasted walnuts, chopped
- 1 small zucchini, grated or chopped
- 1 carrot, grated or sliced
- 1/4 cup fresh basil leaves, chopped
- 12 cherry tomatoes, quartered (or 1 cup)
- 1/4 cup raisins
- 1/4 cup freshly grated Parmesan cheese
- 1 1/2 tablespoon lemon juice
- 2 tablespoons olive oil
- 1/2 teaspoon salt

Directions:

Put all the ingredients in the mixing bowl and stir well. Serve right away or cover and refrigerate up to 2 days.

Recipe from
www.chopchopmag.org

BIKES AVAILABLE FOR EMPLOYEES

Two bikes stored in the basement are available for use by City of Newton employees.

It's a great time of year to bike to lunch, head down to the Farmer's Market, or take care of nearby business via bike instead of car.

City policy requires completion of a brief safety course and waiver before using the bikes.

To learn more about checking out a bike, email Bike Manager Derek Valentine at

dvalentine@newtonma.gov

